

Consumer Product Safety Commission

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C. 20207

June 1995

CPSC To In-Line Skaters: Skate But Skate Safely- Always Wear Safety Gear

The U.S. Consumer Product Safety Commission (CPSC) warns that in-line skating - a popular new sport - can be hazardous if skaters do not wear helmets and other safety gear or do not learn to skate and stop safely. From 1993 to 1995 the agency has noted a 184% increase in the number of injuries involving in-line skaters -- rising from 37,000 to 105,000.

Most injuries were to wrists, arms, and legs. CPSC recommends the use of safety gear to help prevent injuries with in-line skates. A helmet, elbow pads, knee pads, wrist guards and gloves should always be worn.

In addition, skaters should observe the following safety tips:

- Get instruction. Learn to stop safely by using the brake pads at the heel of most in-line skates. With one foot somewhat in front of the other, raise the toes of the front foot and push down on the heel brake.
- Skate on smooth, paved surfaces without any traffic. Avoid skating on streets, driveways, or surfaces with water, sand, gravel, or dirt.
- Do not skate at night -- others can't see you and you can't see obstacles or other skaters.

- **Wear a helmet, elbow pads, knee pads, wrist guards and gloves.**
- **Learn to stop safely.**
- **Skate on smooth, paved surfaces without any traffic.**
- **Avoid skating at night.**

